Common Forms of Bullying

(Please note that this is not intended to constitute an exhaustive list)

**Verbal Bullying**
- Teasing
- Name Calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm
- Other pervasive, ongoing pattern intended to intimidate, harass, or shame a student

**Social Bullying**
- Exclusion – Intentionally excluding a student
- Telling other students not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public
- Other pervasive, ongoing pattern intended to intimidate, harass, or shame a student

**Physical Bullying**
- Hitting/kicking/pinching
- Spitting
- Tripping/Pushing
- Taking or breaking someone’s things
- Making mean or rude hand gestures
- Other pervasive, ongoing pattern intended to intimidate, harass, or shame a student

**Cyberbullying**
- Intimidating text messages or e-mails
- Rumors by e-mail or social networking sites
- Embarrassing pictures and videos
- Trolling
- Other pervasive, ongoing pattern intended to intimidate, harass, or shame a student